



Spring Newsletter – March 2022

Canadian Coalition for Seniors' Mental Health

CO-CHAIR REPORT

Co-Chair Report

Please read-on to find out about some of what we've been up to since our last newsletter!

Social Isolation and Loneliness

We are excited to announce that we are embarking on a 2-year project that will have us developing and promoting guidance to clinicians and social service providers on evidence-based approaches to preventing, identifying, assessing and addressing social isolation and loneliness among older adults. We will begin this work by conducting a literature review and national survey of healthcare practitioners and social service workers to gather evidence and a sense of barriers and enablers to helping clients who are at risk of or are experiencing social isolation and loneliness. Please stay tuned for more information about this work in the coming months!

Cannabis E-Learning Module Project

We have launched our Cannabis and Older Adults e-learning modules for healthcare professionals! See below for more information on how to register!

Mental Health in Long-Term Care

As you well know, residential and long-term care services in Canada (and internationally) came under the spotlight this past year. The CCSMH has been working to ensure that the mental health needs of people living in these environments are at the forefront of discussions and policy work moving forward.

- **Joint CAGP/CCSMH position paper on Mental Health in Long-Term Care During COVID** – The CAGP and CCSMH joined forces to draft a position paper emphasizing the essential nature of mental health care in Long Term Care and outlining our position on Residents' right to care. Read the full position paper [here](#).
- **Canadian Standards Association – Mental Health in Residential Care** - We were contracted by the Canadian Standards Association last year to develop a report providing

guidance and recommendations to support the mental health and well-being of people living in community residential care settings. The report is available online [here](#).

Prevention of Depression in Older Adults

As many of you know, we updated our Clinical Guidelines on Depression last year. The updated document updates evidence-based guidance on the assessment and treatment of depression among older adults and includes a new section on prevention of depression among older adults. Although the research on prevention is in its infancy, it may be an alternative strategy to reduce the disease burden of depression, which has been described as a global public health priority. The updated document, can be found at: www.ccsmh.ca/projects/depression.

Social Media

We have been beefing up our social media presence! Follow us on Facebook, Twitter and LinkedIn if you don't already. @CCSMH and [Canadian Coalition for Seniors' Mental Health \(CCSMH\) | LinkedIn](#)

As always, please feel free to reach out to us if you have any questions or suggestions. Our Executive Director, Claire Checkland can be reached at ccheckland@ccsmh.ca or we can be reached through our info address at info@ccsmh.ca

*Dr. David Conn and Dr. Kiran Rabheru, Co-Chairs
Claire Checkland, Executive Director*

CCSMH News

Cannabis and Older Adults eLearning



The advertisement features a light blue background with a stethoscope, a cannabis leaf, and a glass dropper. In the top left corner, there are logos for CCSMH (Canadian Coalition for Seniors' Mental Health) and CCSMPA (La Coalition Canadienne pour la Santé Mentale des Personnes Âgées). The text 'Just Launched!' is prominently displayed in blue. Below this, the title 'Cannabis & Older Adults' is written in bold black font. The main text describes the eLearning program as 'Asynchronous eLearning - 11 individually accredited modules (MOC and MainPro+)' and notes it is 'Developed for physicians, nurse practitioners, other healthcare providers and healthcare students'. A QR code is positioned on the right side of the text. At the bottom, the URL 'ccsmh.ca/cannabis-and-older-adults-project.ca' is provided, along with logos for Baycrest, Health Canada, and Santé Canada.

CCSMH CANADIAN COALITION FOR SENIORS' MENTAL HEALTH CCSMPA LA COALITION CANADIENNE POUR LA SANTÉ MENTALE DES PERSONNES ÂGÉES

Just Launched!

Cannabis & Older Adults

Asynchronous eLearning - 11 individually accredited modules (MOC and MainPro+)

Developed for physicians, nurse practitioners, other healthcare providers and healthcare students

ccsmh.ca/cannabis-and-older-adults-project.ca In partnership with Baycrest Health Canada Santé Canada

[Click to learn more and register](#)

<https://ccsmh.ca/cannabis-and-older-adults-project/>

CCSMH is pleased to offer asynchronous eLearning - which includes 11 individually accredited modules (**MOC and MainPro+**) on the topic of **Cannabis and Older Adults**. There is no cost to complete the modules.

Target audience is physicians, NPs and other healthcare providers and healthcare students.

Module topics include;

- The Reality of Cannabis Use in Older Adults
- The History of Cannabis and the Current Status of Canadian Cannabis Legalization and Policies
- Regulations, Provincial/Territorial Guidelines and Medico-legal Considerations for Clinicians
- Cannabis and Cannabinoid Neuropharmacology and Drug Interactions
- Cannabis Plant Science, Cannabinoids, and Difficulties in Cannabis Research
- Evidence for Cannabis as Treatment
- Pharmaceutical Cannabinoids, Modes of Cannabis Use, Dosing and Accessing Cannabis
- Adverse Effects & Special Considerations for Safety
- Safer Cannabis Use, Harm Reduction and Cannabis Use Disorder
- Collaborative, Patient-Centered Care and Communication Strategies
- Developing a Treatment Plan and Case Studies

Funding for this Project was provided by Health Canada (Substance Use and Addictions Program). Modules were developed in partnership with Baycrest.

CAGP-CCSMH 2022 Annual Scientific Meeting Call for Abstracts Now Open!



[Click To Learn More and Submit an Abstract](#)

The Canadian Academy of Geriatric Psychiatry (CAGP) and the Canadian Coalition for Seniors' Mental Health (CCSMH) are pleased to announce that the Call for Abstracts for the CAGP-CCSMH Annual Scientific Meeting (ASM) is now open!

The theme of this year's meeting is: "Human Rights and the Law: Legal, Ethical and Moral Responsibilities in Seniors' Mental Health".

We are thrilled to announce that the 2022 ASM will be held in Montreal, Quebec from October 14–15. Please join us for an exciting return to in-person learning, sharing, and networking with colleagues from across the country!

We invite you to participate and welcome abstract submissions from across the country and from all disciplines. We hope you will join us at the preeminent meeting for seniors' mental health in Canada. We look forward to seeing you in Montreal!

For more information, please visit the conference website at [Canadian Academy of Geriatric Psychiatry - 2022 ASM \(cagp.ca\)](https://www.cagp.ca/2022-asm)

CAGP - CCSMH Awards

Nominate a deserving team or individual today!



The graphic features the logos for CAGP (Canadian Academy of Geriatric Psychiatry) and CCSMH (Canadian Coalition for Seniors' Mental Health) at the top. Below the logos is the text "2022 CALL FOR CAGP/CCSMH AWARDS!". A central message reads "Your work has made a difference to Seniors' Mental Health - Nominate your team today!". To the right, there are three key pieces of information: "NOMINATIONS DUE Monday, April 11, 2022", "AWARD INFO AND HOW TO APPLY" with the URL "https://ccsmh.ca/award-information-and-how-to-apply/", and "QUESTIONS? EMAIL US AT info@ccsmh.ca".

We are excited to announce that the call for the 2022 CAGP-CCSMH Awards is now open! These awards recognize outstanding seniors’ mental healthcare initiatives and innovative and effective ways to combat ageism and stigma and promote seniors' mental health.

We encourage you to consider nominating a deserving individual or group for the following awards.

CAGP/CCSMH Seniors’ Mental Health Outstanding Care & Integrative Practice Award

In recognition of an individual, team, service or program leading outstanding seniors’ mental healthcare and integrative practice models, such as: interprofessional and interdisciplinary collaboration, integration of mental and physical health care, and/or support systems integration/navigation of older adults. Additional domains of activity can also include: exemplary teamwork, outstanding educational initiatives, innovative program development and/or initiatives to build a community of practice in seniors’ mental healthcare at a regional, provincial or national level.

CAGP/CCSMH Vision Award

Any program, corporation, non-governmental organization or individual helping to

combat ageism and stigma, to highlight and promote the strengths associated with aging and the potential and value of older adults in our society.

[Click for more information on how to submit a nomination!](#)

Using Substances as an Older Adult

CCSMH has partnered with the Public Health Agency of Canada to develop a resource title "Using Substances as an Older Adult" to read the full text click: [Using substances as an older adult - Canada.ca](#)

Atlantic Seniors' Mental Health Network Report

The Atlantic Seniors' Mental Health Network (ASMHN) is a regional network of the CAGP/ CCSMH, established to ensure strong engagement and involvement from Atlantic Canada in the work of the CCSMH and the CAGP. The ASMHN's goals are to support the networking of Atlantic-based clinicians and other professionals that work on issues concerning mental health of older adults and to help ensure Atlantic representation and voice in national advocacy opportunities, events and initiatives. Please email info@ccsmh.ca or cagp@secretariatcentral.com if you are an Atlantic resident and want to join the ASMHN.

OUR COMMUNITY IN ACTION

News from CCSMH partners and other stakeholders

The Canadian Geriatrics Society Annual Scientific Meeting

A promotional banner for the CGS 41st Annual Scientific Meeting. The background is a blurred image of a stethoscope on a laptop keyboard. A white text box on the left contains the following information: "CGS 41st Annual Scientific Meeting", "Promoting Resilience in Older Adults", "April 7-9, 2022 | Virtual", and "#CGS2022". Below the text box, the phrase "Register Today" is written in a cursive font. In the bottom right corner of the banner, there is a logo for the Canadian Geriatrics Society (CGS/SCG) with the text "CANADIAN GERIATRICS SOCIETY" and "LA SOCIÉTÉ CANADIENNE DE GÉRIATRIE" below it.

CGS 41st Annual Scientific Meeting
Promoting Resilience in Older Adults
April 7-9, 2022 | Virtual
#CGS2022

Register Today

CGS/SCG
CANADIAN GERIATRICS SOCIETY
LA SOCIÉTÉ CANADIENNE DE GÉRIATRIE

To learn more and register for the 2022 Canadian Geriatrics Society Annual Scientific Meeting (virtual) click:

<https://thecanadiangeriatricsociety.wildapricot.org/2022-Annual-Scientific-Meeting>

E-Module: Dementia and Sexuality: An Introduction Developed by Behavioural Supports Ontario

A promotional banner for an e-module. On the left is an illustration of two elderly women sitting together. The text on the right reads: "The BSO Sexual Expression and Dementia Working Group is launching **Dementia & Sexuality: An Introduction** Complete our free e-module at geriatricessentialslearning.ca Participating in our evaluation of the e-module is completely voluntary (REB #6021026- Laurentian University & REB #2021-334 - Ryerson University)". At the bottom center is the logo for Behavioural Supports Ontario, which consists of a stylized flame or sun icon, with the text "Behavioural Supports Ontario" and "Soutien en cas de troubles du comportement en Ontario" below it.

The BSO Sexual Expression and Dementia Working Group is launching
Dementia & Sexuality: An Introduction
Complete our free e-module at geriatricessentialslearning.ca
Participating in our evaluation of the e-module is completely voluntary
(REB #6021026- Laurentian University & REB #2021-334 - Ryerson University)

Behavioural Supports Ontario
Soutien en cas de troubles du comportement en Ontario

The Behavioural Supports Ontario Sexual Expression and Dementia Working Group is pleased to announce the release of its first e-module: **'Dementia and Sexuality: An Introduction'**.

This free e-module, developed with the support of the Regional Geriatric Program-

Central (RGPC), is available on the ‘Geriatric Essentials’ (previously called Frailty E-Learning) website, which presents learners with an array of e-modules about topics such as cognition and depression. Click the link to learn more: <https://geriatricessentialslearning.ca/>

‘Dementia and Sexuality: An Introduction’ employs a case-based approach with the aim of inviting learners to understand how people living with dementia may express their unmet needs, including those pertaining to sexuality and intimacy. Since myths and stereotypes about sexuality and dementia are firmly established so much so that they shape our interactions, they are explored in the e-module along with practical strategies to support people living with dementia across various settings.

Canadian Standards for Long Term Care – Update, Opportunities for Input and a CCSMH Report

For your information, the **Health Services Organization (HSO)** and the **Canadian Standards Association (CSA)** are each developing national standards for long-term care in Canada. The HSO standards will address ‘the delivery of safe, reliable, and high-quality long-term care services.’ The CSA standards will ‘address the design, operation and infection prevention and control practices in long-term care homes.’

Below we have listed the links if you wish to share your input on these important standards,

1. The **HSO** draft standard is open from January 27th to March 27th, 2022 for public consultation.
 - HSO’s standard: <https://longtermcarestandards.ca/>
 - HSO’s public review: <https://healthstandards.org/public-reviews/long-term-care-services/>
2. The **CSA Group’s** draft National Standard for Operation and Infection Prevention and Control of Long-Term Care Homes will be open for public review February 11th, 2022

- Access the CSA Communities webpage here: <https://community.csagroup.org/community/health-care-safety-and-accessibility/long-term-care-homes>
- Please note you will need to create an account, if you do not already have one. Make sure that you click on the 'Terms and Conditions' to complete the registration process.

Canadian Network for the Prevention of Elder Abuse - Future Us: A Roadmap to Elder Abuse Prevention



CNPEA is proud to share Future Us: A Roadmap to Elder Abuse Prevention.

This pan-Canadian engagement strategy examines where we are now and where we need to go. It provides clear goals and recommendations at the individual, community and government levels to help us build an integrated approach for elder abuse prevention in communities across Canada.

Future Us is a tool to harness and mobilize that collective energy for change, tapping into existing networks to engage local elected politicians and the broader public to achieve common goals.

[Future Us - Roadmap to Elder Abuse Prevention \(cnpea.ca\)](https://cnpea.ca/future-us)



One of the first public commemorations of the pandemic, COVID in the House of Old brings stories from a national humanitarian crisis to Canadians and asks them to take action.

The exhibit was created by Megan J. Davies (curator, writer, interviewer) with Hiroki Tanaka (artist, musician, digital creator) and Kohen Hammond (audio editor, podcast producer).

COVID in the House of Old honours and informs. Seven storytelling chairs present powerful narratives of grief, frustration, care and love. The project takes a deep dive into the topic with a podcast series and extend the project's reach with educational materials.. To learn more about this project click here: [COVID in the House of Old – Remembering](#)

Stay in Touch

CCSMH online Covid-19 resources

Visit our website at to view some timely resources including *Activities to Do While Physical Distancing*, *Mental Health Support Lines for Seniors in Canada*, *Tips for Battling Anxiety During this Public Health Situation* and *Virtual Visits Toolkit*

[COVID-19 Resources – Canadian Coalition for Seniors' Mental Health \(ccsmh.ca\)](#)

Make a donation!

Mental illness is not a normal part of aging. You can help us promote the mental health of seniors by donating to the CCSMH today. Click below to access our fundraising page on Canada Helps. [CCSMH | Impact Seniors' Mental Health in Canada! Campaign | Canadahelps](#)

Follow us!



Consider following our Twitter and Facebook social media accounts. We can be found at @CCSMH

CCSMH - CAGP Inter-professional Knowledge Exchange Network (IKEN) Share & Expand Your Knowledge

- **March 23-24, 2022** 🇨🇦 Virtual: [The CABHI Summit 2022](#)
- **May 5 - 6, 2022**, Toronto, ON 🇨🇦 [Canadian Conference on Physician Leadership](#)
- **May 12-15, 2022**, Toronto, ON 🇨🇦 [15th Canadian Neuroscience Meeting](#)
- **May 26-27, 2022**, Calgary AB 🇨🇦 Conference: [Walk with Me](#)
- **April 7-9, 2022**, 🇨🇦 Virtual: [Canadian Geriatrics Society 41st Annual Scientific Meeting](#)
- **April 24-26, 2022**, Toronto, ON 🇨🇦 [Hospice Palliative Care Ontario's Annual Conference](#)
- **June 1-2, 2022** 🇨🇦 [e-Health 2022 Virtual Conference and Tradeshow](#)
- **June 8, 2022**, London, UK and Online: [35th Global Conference of Alzheimer's Disease International](#)
- **October 14-5, 2022** Montreal, QC 🇨🇦 [CALL FOR ABSTRACTS: Human Rights and the Law: Legal, Ethical and Moral Responsibilities in Seniors' Mental Health](#), CAGP-CCSMH Annual Scientific Meeting
- **October 20-22, 2022**, Regina, SK 🇨🇦 Conference: [CAG2022: Closing the Research-Practice Gap: Knowledge Mobilization and Implementation Science](#)

Ongoing:

- [ALZeducate Webinars](#)
- [BSO Provincial Lived Experience Advisory Network](#)
- [Gilbrea Centre for Studies in Aging Seminar Series](#)
- [OTN Geriatric Addiction Rounds](#)
- [U-First! In-person Ontario Workshops](#)
- [U-First! Online Course](#)